



DO STAY AT HOME MEASURES AND CURFEWS CONFINE US?

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INTRODUCTION

During the month of April, the government of Ontario introduced stricter public health guidelines as the province witnessed sharp increases in numbers of COVID-19 cases. On April 8th, a stay in home order went into effect which was expected to last until at least May 20. It called for residents to remain at home at all times, with exceptions for essential purposes, such as going to the grocery store or pharmacy, accessing health care services, for exercise or for essential work. Businesses were asked to ensure that any employee who can work from home, does so.

On January 9th, Quebec becomes the first province in Canada to introduce a curfew to help curb the spread of COVID-19. While the curfew times have evolved (currently requiring that with some exceptions all be in by 8pm) the measures remain in place.

Opponents of such measures have insisted that they impose severe confinement which have serious consequences for mental health.

Results from the April 11-13 Leger survey of 1504 Canadians for the Association for Canadian Studies reveals that since January some 4% of Canadians (same percentage for Quebec) say they've almost never left home (another 22% say they rarely do). Some 35% of Canadians say that they often have spent time by themselves since the beginning of the pandemic. Those Canadians who almost never leave home are most fearful of getting COVID-19.

Overall it is difficult to suggest that at least during the day Canadians have been confined to their homes by lockdown measures, those who have rarely or almost never left their homes are reporting worse mental health assessments and where such situations involve persons often being by themselves the negative assessments rise yet further

JUST OVER ONE IN FOUR CANADIANS SAY THEY'VE RARELY OR NEVER LEFT THEIR HOMES SINCE THE BEGINNING OF JANUARY; SOME ONE IN THREE ONTARIANS SAY THEY'VE RARELY OR NEVER LEFT THEIR HOMES SINCE THE BEGINNING OF THE YEAR, BRITISH COLUMBIANS NOT FAR BEHIND IN THAT REGARD

Since January 2021 when it comes to leaving your home/apartment would you say that you have done so...?												
	Total	Man	Woman	18-34	35-54	55+	Atl.	QC	ON	MB/SK	AB	BC
TOTAL YES	73%	73%	73%	71%	73%	76%	85%	76%	68%	81%	77%	70%
Often	27%	26%	28%	24%	31%	26%	31%	32%	24%	29%	34%	21%
Occasionally	46%	47%	45%	46%	42%	49%	54%	44%	45%	52%	44%	49%
TOTAL NO	27%	27%	27%	29%	27%	24%	15%	24%	32%	19%	23%	30%
Rarely	22%	22%	23%	23%	25%	20%	12%	20%	26%	16%	20%	27%
Almost never	4%	5%	4%	6%	3%	4%	3%	4%	6%	3%	3%	3%

ONE IN THREE CANADIANS SAY THEY OFTEN SPENT TIME BY THEMSELVES DURING THE PANDEMIC WITH PERSONS OVER 55 MOST LIKELY TO DO SO AND QUEBECERS AND BRITISH COLUMBIANS MORE INCLINED THAN OTHER CANADIANS

Thinking about how much time you spent by yourself during the pandemic would you say you were alone...?												
	Total	Man	Woman	18-34	35-54	55+	Atl.	QC	ON	MB/SK	AB	BC
TOTAL YES	62%	60%	63%	69%	56%	62%	55%	58%	64%	67%	58%	67%
Often	35%	32%	38%	32%	28%	42%	24%	40%	34%	30%	26%	42%
Occasionally	27%	29%	26%	37%	28%	20%	32%	18%	30%	37%	33%	25%
TOTAL NO	38%	40%	37%	31%	44%	38%	45%	42%	36%	33%	42%	33%
Rarely	23%	25%	22%	17%	26%	25%	35%	22%	23%	25%	23%	21%
Almost never	15%	15%	14%	14%	17%	13%	10%	20%	13%	8%	18%	12%

THOSE WHO OFTEN SPENT TIME BY THEMSELVES DURING THE PANDEMIC ARE MORE LIKELY TO REPORT BAD MENTAL HEALTH

Since the beginning of the COVID-19 crisis, how would you rate your mental health?	Thinking about how much time you spent by yourself during the pandemic would you say you were alone...?			
	Often	Occasionally	Rarely	Almost never
Excellent	8.8%	8.3%	11.1%	19.8%
Very good	15.5%	22.0%	22.7%	22.1%
Good	41.8%	45.1%	46.0%	37.8%
Total Bad	30.8%	21.7%	18.2%	17.1%
Bad	21.6%	18.0%	13.9%	14.3%
Very bad	9.2%	3.7%	4.3%	2.8%
I don't know / I prefer not to answer	3.1%	2.9%	2.0%	3.2%
Total	100.0%	100.0%	100.0%	100.0%

THOSE CANADIANS WHO ALMOST NEVER LEFT THEIR HOMES SINCE THE BEGINNING OF JANUARY ARE MOST FEARFUL OF GETTING COVID-19

Are you personally afraid of contracting the COVID-19 (Coronavirus)?	Since January 2021 when it comes to leaving your home/apartment would you say that you have done so...?				Total
	Often	Occasionally	Rarely	Almost never	
Very afraid	14.4%	14.7%	27.1%	41.3%	18.5%
Somewhat afraid	30.2%	46.9%	42.6%	27.0%	40.6%
Not very afraid	32.0%	26.3%	19.9%	14.3%	25.9%
Not afraid at all	21.2%	9.5%	6.8%	9.5%	12.1%
I already have or have been exposed to the virus	2.0%	1.4%	1.5%		1.5%
I don't know / I prefer not to answer	0.2%	1.2%	2.1%	7.9%	1.4%
Total	100.0%	100.0%	100.0%	100.0%	100.0%

THOSE CANADIANS THAT REPORT ALMOST NEVER LEAVING THEIR HOMES DURING THE SINCE JANUARY MOST LIKELY TO REPORT BAD MENTAL HEALTH

Since the beginning of the COVID-19 crisis, how would you rate your mental health?	Since January 2021 when it comes to leaving your home/apartment would you say that you have done so...?			
	Often	Occasionally	Rarely	Almost never
Excellent	14.1%	10.7%	6.8%	10.9%
Very good	22.9%	22.2%	12.5%	15.6%
Good	40.5%	44.2%	45.7%	34.4%
Total Bad	21.3%	20.5%	30.2%	31.3
Bad	15.9%	16.0%	23.1%	18.8%
Very bad	5.4%	4.5%	7.1%	12.5%
I don't know / I prefer not to answer	1.2%	2.5%	4.7%	7.8%
Total	100.0%	100.0%	100.0%	100.0%

THOSE CANADIANS WHO OFTEN SPEND TIME BY THEMSELVES AND RARELY LEAVE THEIR HOMES REPORT RATES OF BAD MENTAL HEALTH THAT ARE WAY ABOVE THE AVERAGE

Percentage reporting bad mental health					
Since January 2021 when it comes to leaving your home/apartment would you say that you have done so...?	Thinking about how much time you spent by yourself during the pandemic would you say you were alone...?				Total
	Often	Occasionally	Rarely	Almost never	
Often	30.1%	23.0%	13.8%	10.9%	21.0%
Occasionally	24.6%	18.4%	19.7%	17.2%	20.5%
Rarely	40.2%	29.8%	18.8%	15.4%	30.3%

METHODOLOGY

Web survey using computer-assisted Web interviewing (CAWI) technology.

From April 11-13, 2021 some 1504 Canadians were surveyed via web panel

Using data from the 2016 Census, results were weighted according to gender, age, mother tongue, region, education level and presence of children in the household in order to ensure a representative sample of the population.

No margin of error can be associated with a non-probability sample (Web panel in this case). However for comparative purposes, a probability sample of 1504 respondents would have a margin of error of $\pm 2.52\%$, 19 times out of 20.

The research results presented here are in full compliance with the CRIC Public Opinion Research Standards and Disclosure Requirements.

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